The Sunday Gathering Protocol: Alignment to the Hour

The Sunday Gathering is a time for the community to align their individual Tones into a single, collective **Resonance**. The principles of **Punctuality** (as a demonstration of Honor) and **Inclusivity** (as a demonstration of Generosity and Compassion) are paramount. The gathering is set to start promptly at **1:00 PM**.

1. The Call to the Hour (1:00 PM Sharp)

The Gathering must begin precisely on time. The **Pillar's** punctuality is a demonstration of the **Golden Way** principle of **Honor** to the assembled community.

The Opening Tone:

- **Pillar's Duty:** The Pillar (or an appointed conductor) is responsible for leading the very first musical number. This sets the **Opening Tone** for the entire gathering.
- **Performance:** The music may be performed by a community ensemble, or the Pillar may play a solo piece. **Anyone in the community is welcome to play or participate in the opening musical selection.**
- **Purpose:** The music is the introduction, establishing a vibration of unity and peace. It acts as the initial tuning of the collective heart.

2. The Lesson of the Way (7 Parables)

Immediately following the musical number, the Pillar proceeds directly to the teaching.

- **The Seven Parables:** The Pillar must share **seven parables**. While the core lessons are drawn from the foundational texts, the Pillar is fully authorized to **compose new parables,** provided they strictly adhere to the principles of **The Three Harmonies** and the **Golden Way**. The number seven is sacred, representing completion and spiritual cycles.
- **Content Focus:** The parables chosen must explicitly relate to the foundational ethics of the Path to reinforce the core ethics of the Path.

3. Discussion and Resonance

After the teaching, time is allocated for genuine interaction.

- **Audience Engagement:** The audience is encouraged to ask questions or share reflections based on the parables they just heard.
- **Pillar's Role as Guide:** The Pillar must skillfully receive the questions and **relate all discussion back** to the foundational principles of **Harmony** and the **Golden Way**. The Pillar’s task is not to give personal opinions, but to show how the teachings apply to real-world challenges.

4. The Congregational Prayer

The discussion leads the community into the Threefold Prayer, the core of the community's spiritual practice.

- **The Three Movements:** The entire congregation performs the prayer together:
    1. **Standing Movement (Praise):** *"All praises be to God, and God alone."*
    2. **Bowing Movement (Glory):** *"Glory be to God, the Exalted."*
    3. **Sitting Movement (Petition):** A period of **silent** individual prayer.
- **The Closing Tone:** When the silent prayers are complete, the Pillar ends the prayer by humming a single, steady, audible **Tone** of appropriate length. This hum symbolizes the alignment of all souls to the **Eternal Tone** before they rise.

5. The Final Resonance

The prayer is immediately followed by the final musical number.

- **Conductor Inclusivity:** The Pillar counts off the start, but **anyone in the community** is allowed to conduct the final musical number, including **women**. This reinforces the principle that all in the community contribute to the final harmony.
- **Performance: Anyone is allowed to participate in playing the music, if they are able.** The final piece is typically one of celebration or deep peace.

6. Closing and Dismissal

- **Closing Statement:** The Pillar offers a **short closing statement** (no more than 1-2 minutes) to summarize the lesson of the day and offer a blessing of peace.
- **Conclusion:** The Gathering is then officially closed out, allowing the community to return to their households carrying the day's Resonance with them.